

Table 68. Healthy weight, overweight, and obesity among persons 20 years of age and over, according to sex, age, race, and Hispanic origin: United States, 1960–62, 1971–74, 1976–80, and 1988–94

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race, and Hispanic origin ¹	Healthy weight ²				Overweight ³				Obesity ⁴			
	1960–62	1971–74	1976–80 ⁵	1988–94	1960–62	1971–74	1976–80 ⁵	1988–94	1960–62	1971–74	1976–80 ⁵	1988–94
Percent of population												
20–74 years, age adjusted ⁶												
Both sexes ^{7,8}	50.1	48.2	49.1	41.7	43.5	46.0	46.0	54.6	12.8	14.1	14.5	22.6
Male	48.1	44.0	46.0	39.1	48.4	52.7	51.3	59.4	10.4	11.8	12.2	19.9
Female ⁷	52.1	52.2	52.1	44.3	38.6	39.7	40.8	49.9	14.9	16.1	16.5	25.1
White male	47.3	43.5	45.2	38.0	49.1	53.4	52.3	60.5	10.1	11.5	12.0	20.3
White female ⁷	54.5	54.3	54.3	46.2	36.1	37.6	38.3	48.0	13.6	14.7	14.9	23.5
Black male	53.6	47.4	48.4	40.2	42.7	49.1	48.4	57.0	13.6	15.9	15.1	20.9
Black female ⁷	34.3	34.4	34.0	28.9	56.9	57.6	60.6	66.6	24.8	28.6	30.2	37.6
White, non-Hispanic male	---	---	45.5	38.7	---	---	52.0	59.9	---	---	11.9	20.1
White, non-Hispanic female ⁷	---	---	54.9	48.0	---	---	37.6	45.7	---	---	14.8	22.5
Black, non-Hispanic male	---	---	48.5	40.0	---	---	48.3	57.2	---	---	15.0	21.1
Black, non-Hispanic female ⁷	---	---	34.4	29.2	---	---	60.2	66.8	---	---	29.9	37.7
Mexican male	---	---	38.3	31.6	---	---	59.6	67.0	---	---	15.5	23.1
Mexican female ⁷	---	---	37.0	29.8	---	---	60.1	67.8	---	---	25.4	34.6
20–74 years, crude												
Both sexes ^{7,8}	49.0	47.5	48.7	41.4	45.2	47.0	46.4	55.0	13.5	14.4	14.7	22.7
Male	47.1	43.3	45.8	38.8	49.4	53.5	51.5	59.6	10.7	12.0	12.3	19.9
Female ⁷	50.7	51.3	51.5	43.9	41.2	41.0	41.6	50.5	16.1	16.7	16.8	25.5
White male	46.3	42.6	45.0	37.5	50.2	54.3	52.5	61.1	10.4	11.7	12.1	20.4
White female ⁷	53.0	53.3	53.6	45.4	38.9	39.1	39.4	49.0	14.7	15.4	15.3	24.0
Black male	53.0	47.3	48.3	40.6	43.9	49.3	48.5	56.7	14.1	16.0	15.0	20.9
Black female ⁷	33.2	34.2	34.5	29.7	58.8	58.2	60.0	65.9	26.6	28.7	29.8	37.0
White, non-Hispanic male	---	---	45.3	37.9	---	---	52.2	60.8	---	---	12.0	20.3
White, non-Hispanic female ⁷	---	---	54.0	46.9	---	---	38.9	47.1	---	---	15.2	23.1
Black, non-Hispanic male	---	---	48.4	40.4	---	---	48.4	57.0	---	---	14.9	21.1
Black, non-Hispanic female ⁷	---	---	35.0	29.9	---	---	59.4	66.2	---	---	29.5	37.2
Mexican male	---	---	41.0	34.4	---	---	57.0	64.0	---	---	14.6	20.7
Mexican female ⁷	---	---	39.4	31.2	---	---	57.4	66.2	---	---	23.8	33.6
Male												
20–34 years	54.2	53.9	55.7	50.3	42.7	42.8	41.2	47.5	9.2	9.7	8.9	14.1
35–44 years	44.1	34.5	40.5	33.3	53.5	63.2	57.2	65.5	12.1	13.5	13.5	21.5
45–54 years	43.9	36.7	37.9	33.5	53.9	59.7	60.2	66.1	12.5	13.7	16.7	23.2
55–64 years	43.5	38.1	37.9	28.1	52.2	58.5	60.2	70.5	9.2	14.1	14.1	27.2
65–74 years	44.0	41.4	41.1	29.8	47.8	54.6	54.2	68.5	10.4	10.9	13.2	24.1
75 years and over	---	---	---	40.6	---	---	---	56.5	---	---	---	13.2
Female ⁷												
20–34 years	62.6	61.7	61.0	54.3	21.2	25.8	27.9	37.0	7.2	9.7	11.0	18.5
35–44 years	56.2	53.5	53.4	45.5	37.2	40.5	40.7	49.6	14.7	17.7	17.8	25.5
45–54 years	46.1	47.7	47.2	35.6	49.3	49.0	48.7	60.3	20.3	18.9	19.6	32.4
55–64 years	37.2	39.2	42.7	31.2	59.9	54.5	53.7	66.3	24.4	24.1	22.9	33.7
65–74 years	35.5	39.6	36.5	36.0	60.9	55.9	59.5	60.3	23.2	22.0	21.5	26.9
75 years and over	---	---	---	41.0	---	---	---	52.3	---	---	---	19.2

--- Data not available.

¹The race groups, white and black, include persons of Hispanic and non-Hispanic origin.

²Body mass index (BMI) of 19 to less than 25 kilograms/meter² (see Appendix II, Body mass index).

³BMI greater than or equal to 25.

⁴BMI greater than or equal to 30.

⁵Data for Mexicans are for 1982–84. See Appendix I.

⁶See Appendix II for age-adjustment procedure.

⁷Excludes pregnant women.

⁸Includes persons of all races and Hispanic origins, not just those shown separately.

NOTES: Percents do not sum to 100 because the percent of persons with BMI less than 19 is not shown and the percent of persons with obesity is a subset of the percent with overweight. Height was measured without shoes; two pounds are deducted from data for 1960–62 to allow for weight of clothing.

SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Division of Health Examination Statistics. Unpublished data.